

18. Elaborate on signs and symptoms of food poisoning.
 19. Describe the causes for AIDs and outline the preventive and treatment measures for the same.
 20. Discuss the effect of Yoga, slumming in maintaining good health.
-

NOVEMBER/DECEMBER 2025

**FNBC43/CNBC44 — LIFESTYLE DISEASES
AND PREVENTION (NEM II)**

Time : Three hours

Maximum : 75 marks



SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is dietary fiber? Mention its types and one health benefit.
2. Discuss macronutrients and their role in health.
3. What is mobile vision syndrome?
4. What are lifestyle disorders and provide two examples?
5. Elucidate physiological disorders and mention two common types with their causes.
6. What are renal calculi? Mention two common causes.
7. What are communicable and non-communicable diseases? Provide one example of each.

8. Define tuberculosis and mention one common symptom.
9. How can good health be maintained? Mention two factors involved.
10. Define yoga and explain two benefits of practicing it regularly.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Why is dietary fiber important? State its health benefits.

Or

- (b) What is a balanced diet? List its components and roles.

12. (a) Define lifestyle disorders. Mention causes and risk factors.

Or

- (b) Why is regular exercise important for heart health?

13. (a) Explain the causes, symptoms, and prevention of food poisoning.

Or

- (b) Summarize possible complications of gallstones.

14. (a) Describe about Coronary Heart Disease.

Or

- (b) Outline the causes of obesity.

15. (a) Define stress management and its importance.

Or

- (b) List the measures to maintain good health.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Describe in detail about the types of macronutrients with their importance.

17. Explain the effects of irregular food habits and lack of exercise.

